



BlueCross BlueShield
of New Mexico



SUN SAFETY

Date: August 25
Time: 8:30 a.m.
Location: Virtual
[Register Here](#)



Date: August 25
Time: 3:45 p.m.
Location: Virtual
[Register Here](#)



We will learn about:

- Ultraviolet rays and health risks
- Benefits of moderate sun exposure
- Seeking shade, covering up, and using sunscreen
- Self examination - ABCDEs of skin cancer